



# TIPS TO ENGAGE SENIORS IN ARTISTIC ACTIVITIES

- Plan, Plan, Plan! Make sure you have carefully chosen an activity that would be interesting to seniors with different comfort levels with art. Incorporate them into the discussion. Make it participatory.
- Allow seniors who don't want to participate to just sit and observe - this is still apart of the creative experience.
- Assign Seniors with prior artistic knowledge to be "tutors". They can help their neighbours and guide.
- Allow seniors to freestyle - so what if it doesn't look exactly like you intended?
- Allow the seniors to come early and help set up with you or ensure that the space is properly set up before they arrive. Do not be frantic.
- Have a place for the art work to be displayed.
- Collaborate with local artists or volunteers to bring variety and expertise!

Curious about incorporating creative activities?  
Email us for ideas: [info@creativeagingcalgary.com](mailto:info@creativeagingcalgary.com)



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